

Nothing Hurts (Like A Heartache)

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Count: 32

Wall: 2

Level: Improver

Choreographer: Jan Wyllie , Hervey Bay, Qld., Australia - September 2016

Music: Nothing Hurts Like A Heartache by Derek Ryan - 104 bpm

#1 RESTART, 2 little stomp Tags ALL FACING THE FRONT

#18 count intro,

Step Lock Step - Step Lock Step - Step Across Back - Side Rock Recover Stomp

- 1&2** Step fwd on R, Lock/step L behind R, Step fwd on R
- 3&4** Step fwd on L, Lock/step R behind L, Step fwd on L
- 5,6** Step R across L, Step back on L
- 7&8** Rock/step R to right, Recover sideways onto L, Stomp R beside L

Rock Fwd Recover - 1/2 Shuffle - 1/2 Shuffle - Coaster Back

- 9,10** Rock/step fwd on L, Recover back on R
- 11&12** Making 1/2 left shuffle fwd L,R,L
- 13&14** Making 1/2 left shuffle back R,L,R
- 15&16** Step back on L, Step R beside L, Step fwd on L

*Restart here on wall 5 (facing front)

R Charleston - 1/4 Coaster - R Charleston - 1/4 Coaster

- 17&18** Touch R toe fwd, Sweep R back, Step back on R (Charleston)
- 19&20** Making 1/4 left step back on L, Step R beside L, Step fwd on L (1/4 coaster)
- 21&22** Touch R toe fwd, Sweep R back, Step back on R (Charleston)
- 23&24** Making 1/4 left step back on L, Step R beside L, Step fwd on L (1/4 coaster)

Rock Fwd &Back - Walk Back LR - Coaster Back - Walk Fwd RL

- 25&26** Rock/step fwd on R, Recover back on L, Step back on R
- 27,28** Walk back L,R
- 29&30** Step back on L, Step R beside L, Step fwd on L
- 31,32** Walk fwd R,L

***At the end of walls 2 and 4 please add two stomps... facing front both times**

1,2 Stomp R beside L, Stomp L beside R - START DANCE AGAIN

***Restart after count 16 on wall 5**

Here's another easy little dance which I have written for my Dunedin New Zealand workshop.

Although it does have a restart and a couple of stomp tags, they all happen facing the front and are easy peazy... so don't let that put you off will you.. The song, by Derek Ryan, is bright and makes you want to dance... I think so anyhow... hope you do too.

It would be so nice to say that 'Nothing Hurts'..... Wishful thinking these days.

So... how are YOU going??? This impending old age sucks doesn't it! Lol

If you haven't got there yet..... You will....it sneaks up you real fast!

Thank goodness for line dancing I say.... It keeps us going... in mind AND body.

So with a bit of luck.... See you on the floor sometime.... Jan

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STEP SHEETS & VIDEOS: <http://www.copperknob.co.uk/> <http://aussie.dancesheets.net/>

YOUTUBE: <https://www.youtube.com/user/JanandAnnie>, FACEBOOK: JAN WYLLIE

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